

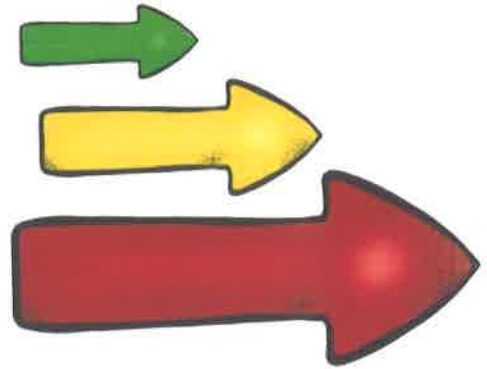
# How big is your worry?

Not all worries are the same size!

Here are some different ways you could think of measuring your worries.

Does your worry feel long or short?

How long does it feel compared to other worries you have?



Does your worry feel small, medium or large?

How much space or volume does your worry take up in your mind?



How heavy does your worry feel? Does it feel heavier or lighter than other worries you've had?

# How big is your worry?

## GROUP DISCUSSION

Not all worries are equal! Some worries are small, some are medium, some are very large. Because each of our brains work differently, what may feel like a small worry to one person could feel like a large worry to someone else.

An example of a small worry could be feeling nervous that you might catch a cold. You don't like being sick and so you feel concerned about getting your friend's cold. While this is a real worry, you will likely recover okay and your body will heal.

An example of a big worry might be that your family is moving across the country. You will have a new home and a new school and it feels like a lot of big changes. You feel very worried about all of those changes happening at the same time.

There are many ways to think about measuring worries. You can think of them as small, medium or large. You can think of them as heavy or light. You can think of them as long or short. It is important to realize the size of your worry because it helps you and the adults in your life to know how to help you process your worries.

On the following pages, brainstorm some small, medium and large worries with a group of other children. Then these can be shared with the whole class.

